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| Yoga Schedule 2023  (B= Beginner R= Restorative P= Power F = Flow Yoga M = Meditative Yoga H = Hot Yoga Y= Yin Yoga)  **M**onday :  6:30 PM ~B~ Beginner Yoga \*  **T**uesday :  7:00 PM ~P~ Vinyasa Flow Yoga  **W**ednesday :  6:30 PM ~B~ Beginner Yoga \*  **T**hursday :  7:00 PM ~P~ Vinyasa Flow Yoga  **S**aturday :  12:00 PM ~B~ Beginner Yoga \*  **S**unday:  4:00 PM ~R~ Yoga for Back Care \*  6:00 PM ~H~ Vinyasa Flow Yoga \*  Classes marked asterix (\*) are 90 minutes long  Like us on  : **Studio 22**  **65 Central Ave Cleveland TN 37311**  **Call Or Text – 678 860 7422**  **~Visit us on Web ~**  [**www.catch22yoga.com**](http://www.catch22yoga.com/)  **Follow us on Instagram : #studio\_22\_yoga**  **ALL classes are just $5 , drop-in no reservations necessary**  **\*IMPORTANT\***  **COVID-19 Guidelines**   * Thoroughly clean your hands before and after the class. * Avoid touching eyes, nose and mouth. * Make sure you, and the people around you, follow good respiratory hygiene * If you have a fever, cough and difficulty breathing, Stay at home and seek medical attention. * Bring your own mat and sanitzer spray if available. * There will be no physical contact between individuals present during the duration of class. |